



Virginia Department of Health



Three Rivers
Health District

Annual Report



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Vision & Mission



Vision

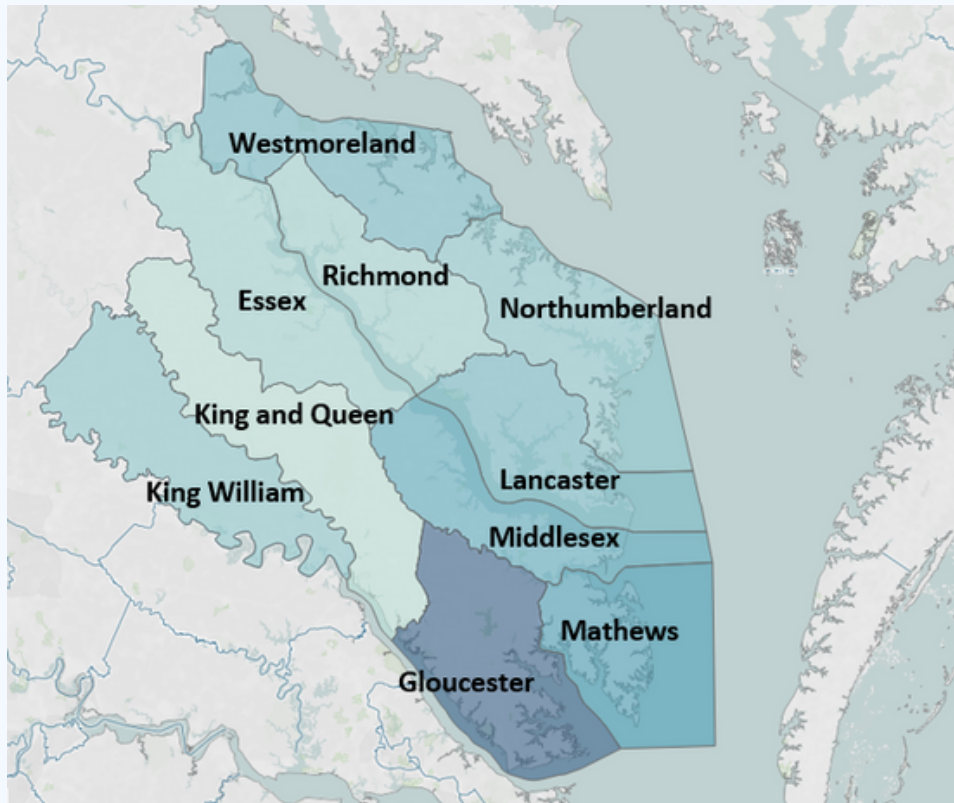
To be a high performing organization, a trusted community partner, and a positive agent for change.



Mission

Serving our communities and unique habitat by protecting our health and environment today and tomorrow.





About Us

The Three Rivers Health District is a 10 county Virginia Department of Health district for Virginia's beautiful Northern Neck and Middle Peninsula regions. This 2,000 square mile area is located between the waters of the Potomac, Rappahannock, and York Rivers and borders the Chesapeake Bay on the east. Our public health professionals serve a population of approximately 140,000, including 2 Native American reservations, 9 incorporated towns, and a large number of visitors.



Three Rivers Health District Locations



Essex County
423 N. Church Lane
Tappahannock, VA 22560
(804) 443-3396



Mathews County
536 Church Street
Mathews, VA 23109
(804) 725-7131



Gloucester County
6882 Main Street
Gloucester, VA 23061
(804) 693-2445



Middlesex County
2780 General Puller Hwy
Saluda, VA 23149
(804) 758-2381



King & Queen Country
167 Courthouse Landing Rd
King & Queen C.H., VA 23085
(804) 785-6154



Northumberland County
6373 Northumberland Hwy
Heathsville, VA 22473
(804) 580-3731



King William County
172 Courthouse Lane
King William, VA 23086
(804) 769-4988



Richmond County
5591 Richmond Rd
Warsaw, VA 22572
(804) 333-4043



Lancaster County
9049 Mary Ball Rd
Lancaster, VA 22503
(804) 462-5197



Westmoreland County
18849 Kings Highway
Montross, VA 22520
(804) 493-1124



District Leadership



Dr. Richard Williams

Health Director



Brenden Rivenbark

Chief Operating
Officer

Letter from the District

The Three Rivers Health District serves the most beautiful region in the Commonwealth, bordering the Chesapeake Bay and Route 17 corridor. As the home to roughly 140,000 and seasonal destination to thousands more, it is the duty of the district to protect the health and promote the well-being of all people, animals, and wildlife that inhabit and enjoy all the district has to offer. We have, and always will, strive to provide a healthy, safe, and sustainable environment for all with the leadership and support of our passionate team. To meet the goals set forth in the Virginia Plan for Well-Being, the Commonwealth's call to action for Virginians to create and sustain conditions that support health and well-being, it's important to know where we are, what we're doing, and where we're going to ensure health opportunity for those that we serve.

County Health Rankings

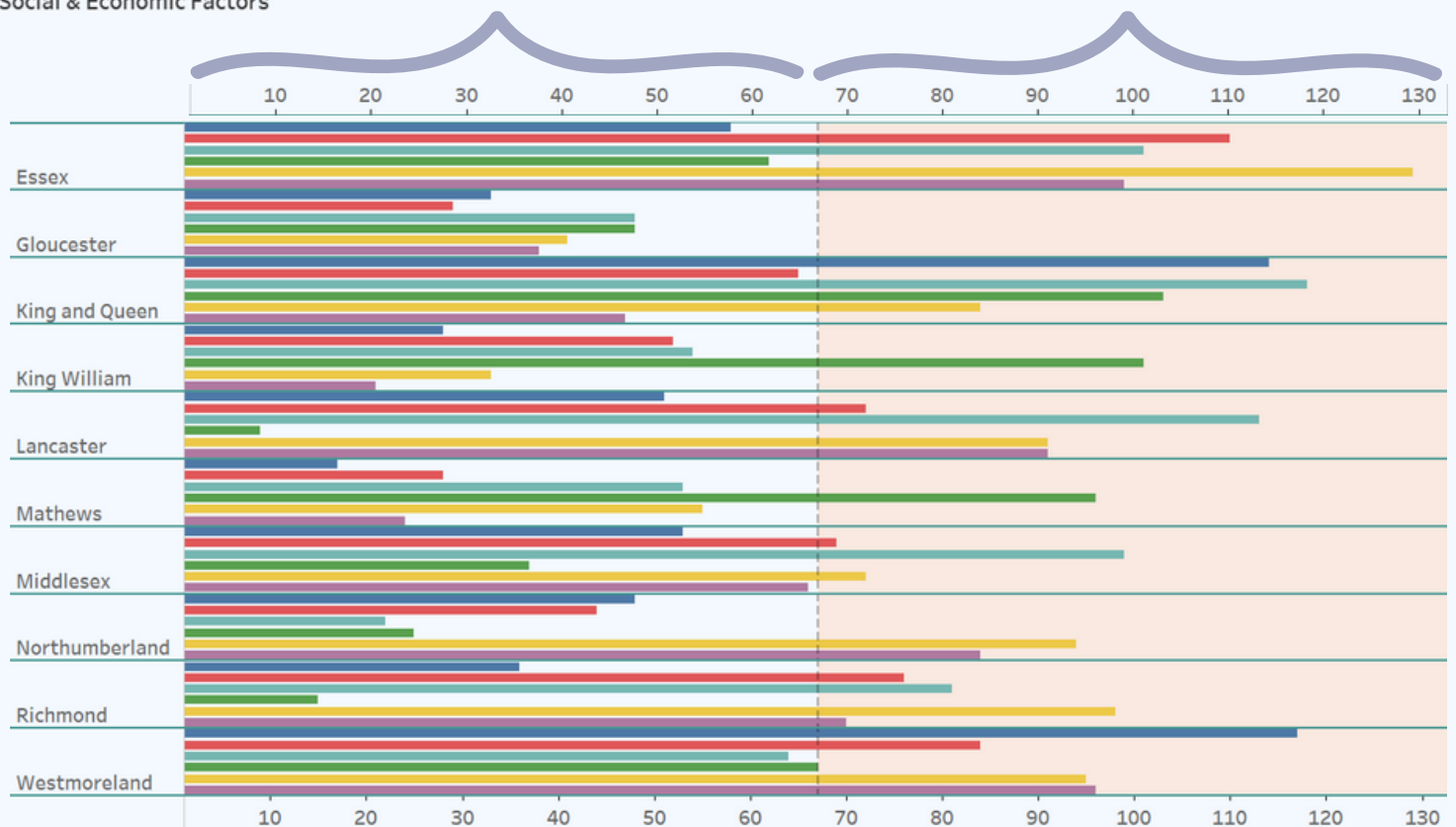
These measures are an opportunity to assess progress, leverage available resources, strengthen partnerships, build upon existing programs, and create new initiatives that improve the overall health opportunity for our district and move us into the future.

Outcomes and Factors

- Clinical Care
- Health Behaviors
- Length of Life
- Physical Environment
- Quality of Life
- Social & Economic Factors

Greater Health Opportunity
than 1/2 of Virginia Localities

Less Health Opportunity
than 1/2 of Virginia Localities



Lower Rank is Healthier

The six measures can be further assessed by reviewing the health indicators that comprise each measure:

- **Clinical Care:** 1) Access to care: population uninsured, primary care physicians/mental health professional/dentists per resident; 2) Quality of care: preventable hospital stays, mammography screening, flu vaccinations
- **Health Behaviors:** Adult smoking, adult obesity, food environment, access to exercise opportunities, physical inactivity, excessive drinking, alcohol related driving deaths, sexually transmitted infections (STIs), teen births
- **Length of Life:** Premature death measured as Years of Potential Life Lost (YPLL) before age 75 during 2018-2020
- **Physical Environment:** 1) Air and water quality: air pollution/particulate matter, drinking water violations; 2) Housing and transit: severe housing problems, driving alone to work, and long commute/driving alone
- **Quality of Life:** Poor or fair health, poor physical health days, poor mental health days, and low birthweight
- **Social & Economic Factors:** Adult population with high school diploma, some college, unemployment, children in poverty, income inequity, children in single-parent households, social associations, violent crime and injury deaths

<https://www.countyhealthrankings.org/app/virginia/2022/compare/snapshot>

COVID-19 Response

In December of 2019, the COVID-19 virus was identified in Wuhan, China. Caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), COVID-19 served as a new virus in humans causing respiratory illness that spreads from person to person. The disease causes symptoms ranging from fever and chills to shortness of breath, to death. The long-term impacts of the virus are still being studied. The first case in the United States was identified by the CDC on January 21, 2020 and in Virginia, on March 7. Since the onset of the COVID-19 pandemic, the disease has spread to over 2 million Virginians and 32,000 Three Rivers residents, with outcomes ranging from minor illness to death.

Throughout the pandemic, the Three Rivers Health District has supported our community by providing testing services, personal protective equipment (PPE), contact tracing and investigation, and vaccinations; among many other services. Despite facing rapidly-evolving guidance, supply chain challenges, and numerous mutations of the virus, the Three Rivers team has continued to meet the needs of our community and protect those that we serve.

COVID-19 Cases
32,949

COVID-19 Outbreaks
260

COVID-19
Hospitalizations
787

COVID-19 Response Testing

In August of 2020, TRHD deployed a COVID-19 testing team that traveled throughout our 10 counties setting up drive thru testing sites. With help from Medical Reserve Corps (MRC) volunteers, the team partnered with schools, faith-based organizations, and hospitals to provide testing to the communities. The team tested almost 270 individuals at its largest drive-thru clinic at Northumberland High school. Additionally, homebound testing for seniors seeking admission into long-term care facilities was provided. TRHD successfully tested nearly 5,000 individuals from August 2020 to April 2022 and worked with state programs to provide at-home test kits to the community including tribal nations, childcare facilities, local jails, and nursing homes.

**COVID-19 Tests
Conducted by TRHD**

4,983

**COVID-19 Testing Events
in the District**

158

County	Sites	Events	Tests Performed
Essex	5	11	575
Gloucester	5	10	367
King and Queen	2	5	100
King William	5	10	168
Lancaster	4	10	705
Mathews	1	7	143
Middlesex	2	76	1,489
Northumberland	2	10	545
Richmond	2	10	471
Westmoreland	3	9	420



COVID-19 Response

Investigations & Monitoring

Since the first COVID-19 case in TRHD was identified, district staffing largely shifted to support the COVID-19 response. Following testing deployment, the next key element of the pandemic response was case investigation and contact tracing. Case investigations consists of phone calls to persons who have been confirmed as a positive case or identified as a probable case.

Between March 2020 and June 2022 TRHD staff conducted successful investigations of 21,465 COVID cases and investigated over 250 COVID outbreaks across schools, long-term care facilities, corrections facilities, businesses, and other community organizations.

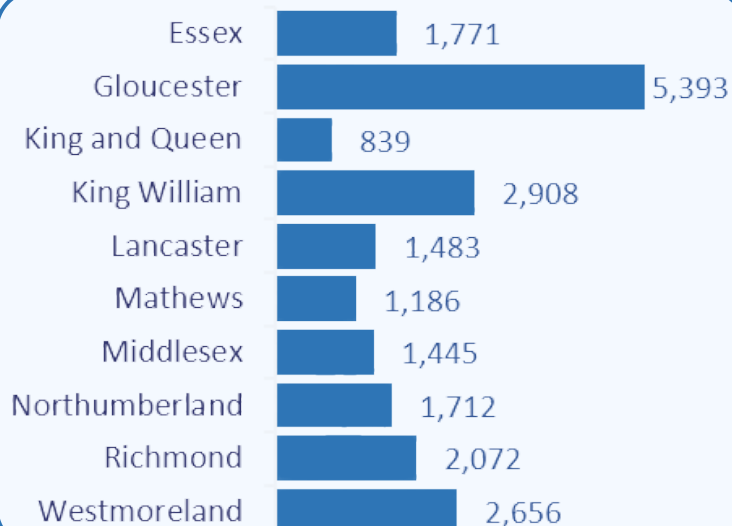
COVID Outbreaks

260

Essex	26
Gloucester	45
King and Queen	5
King William	36
Lancaster	34
Mathews	17
Middlesex	20
Northumberland	10
Richmond	29
Westmoreland	38

COVID Cases Investigated

21,465



COVID-19 Response

Vaccinations

Following emergency use authorization approval of the COVID-19 vaccine, the testing team pivoted and began administering the vaccine in December of 2020. By January of 2021, large scale drive-thru vaccination clinics were held across the district with the support of community partners. TRHD vaccinated about 450 individuals at its largest drive-thru vaccination event at Richmond County Emergency Service Station on one of the coldest and windiest days of the winter. Through continued outreach and community engagement, over 19,000 COVID-19 vaccines were administered by Three Rivers throughout the district.

Event Sites
83

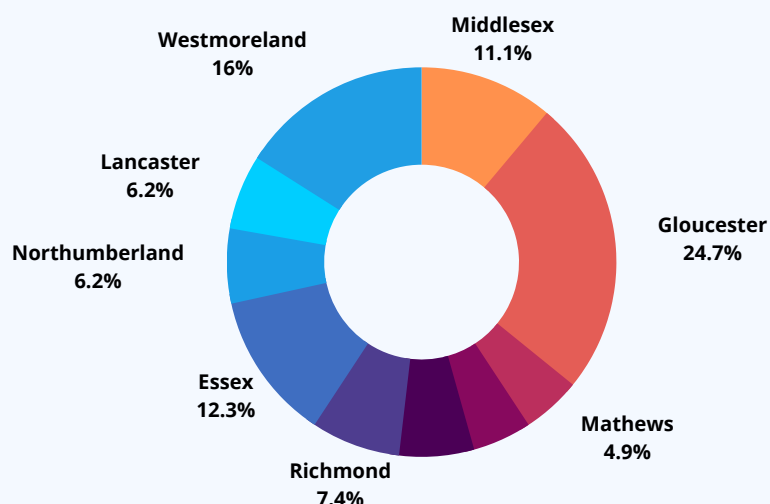
Events
424

Vaccinations
by TRHD
19,276

County	Sites	Events	Vaccines
			Administered
Essex	6	40	1,989
Gloucester	15	50	1,695
King and Queen	6	21	450
King William	13	49	2,752
Lancaster	8	34	1,376
Mathews	6	28	954
Middlesex	8	76	2,658
Northumberland	8	30	880
Richmond	8	53	4,404
Westmoreland	5	43	2,118

Homebound Clients
Served
87

Homebound Clients Residence



As the age eligibility for vaccines expanded, the vaccination team and the public health nurses worked together to offer vaccinations at local schools and in all 10 district health departments. The homebound vaccination program was created to bridge the gap providing resources for bed-bound, disabled, and elderly district residents. The COVID-19 team continues to provide vaccinations and testing to all ages through local health departments, schools, and community events including COVID-19 and Flu vaccines for homebound individuals.

Clinical Services

Ryan White HIV Care and Support Services

Three Rivers Health District's Ryan White Program provides HIV care and support services, pre-exposure prophylaxis for HIV prevention (PrEP), and early intervention services (EIS). The program also offers medical case management and comprehensive support services to eligible persons living with HIV. During the pandemic, staff leveraged creative approaches to maintain continuity of services including telehealth, telehealth case management, and mail delivery of medications and forms.

Three Rivers provides outreach and rapid HIV testing during community events to help identify at risk individuals and enroll clients into care.

The Ryan White team served 68 active clients during 2022 and exceeded national benchmarks for the percent of clients served achieving viral suppression, percent of clients linked to appropriate care, and client retention.

*Westmoreland residents are served by Fredericksburg and Mary Washington Ryan White teams.

% of Clients Achieved
Viral Suppression

96%

Benchmark 85%

% of Clients
Linked to Care

100%

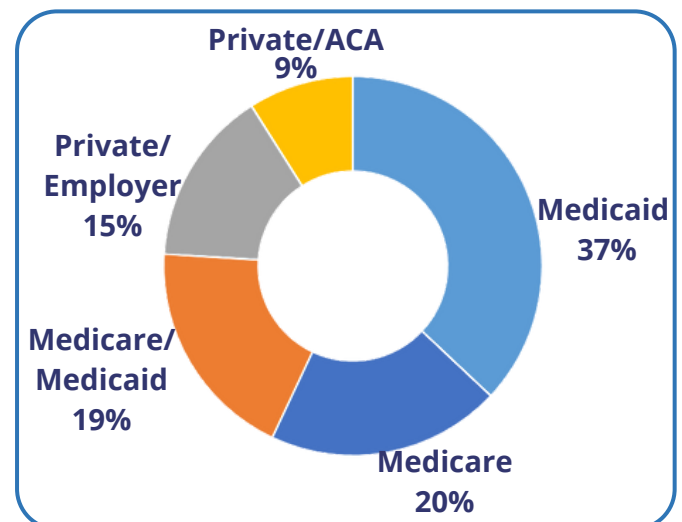
Benchmark 86%

% of Clients
Retained in Program

92%

Benchmark 90%

Payment Sources for HIV Care



No Ryan White clients were uninsured during FY2022 with the aid of COVID Emergency Medicaid funds.

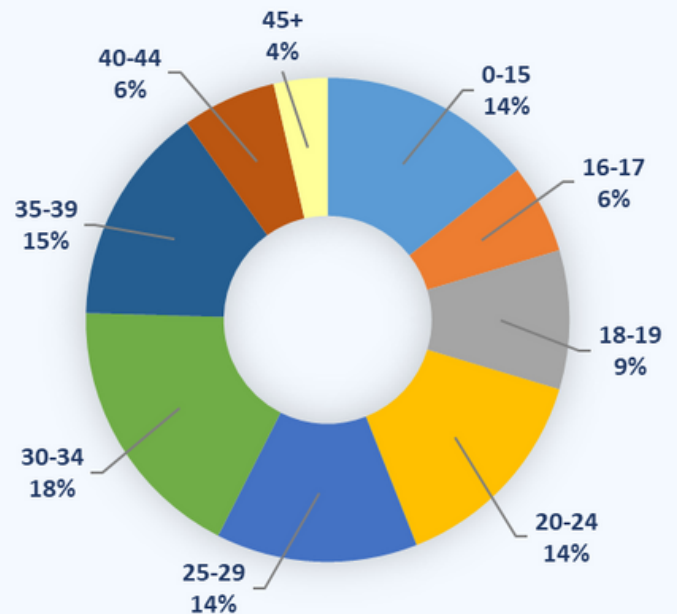
Clinical Services

Family Planning

Family Planning Clients
334

Family planning provides education and counseling about reproductive health including clinical assessment and birth control services to male and female clients using a client-centered approach. Services are available for insured and uninsured patients on sliding scale income basis. Pre-exposure Prophylaxis services are offered to those clients at high risk for HIV.

Family Planning Clients by Age Group



* Age groups are not of equal size because of interest in certain subgroups.

LTSS Screenings 508



Essex	44
Gloucester	129
King and Queen	22
King William	57
Lancaster	39
Mathews	39
Middlesex	34
Northumberland	30
Richmond	49
Westmoreland	65

Long-Term Services & Supports

Long-term Services and Supports (LTSS) screenings are conducted jointly through the Health Department and Department of Social Services. LTSS screenings are available for all individuals (adults and children) requesting home and community-based services or institutional long-term care. Screening ensures Medicaid-eligible individuals, and those who will become eligible for Medicaid within six months, meet the required level of care criteria. TRHD completed over 500 screenings during the fiscal year.

Women, Infants, & Children (WIC)

TRHD's Special Supplemental Nutrition Program for Women, Infants and Children (WIC) program provides nutrition education, breastfeeding promotion and support, supplemental nutritious foods, counseling and screening and referrals to other health, welfare, and social services. The goal of the program is to improve the health of pregnant women, infants, and children (under 5 years) through better nutrition and access to healthcare. To be eligible for the WIC Program, applicants must meet categorical, residential, income, and nutrition risk requirements. TRHD WIC offices remained closed to in-person visits during FY2022 because of the COVID-19 pandemic. Staff members completed applications, appointments and counseling via phone. In-office clinics are planned to resume during 2023.

WIC Average Monthly Caseload

1,872

Essex	263
Gloucester	480
King and Queen	127
King William	127
Lancaster	143
Mathews	70
Middlesex	70
Northumberland	124
Richmond	186
Westmoreland	282



Resource Mothers Program
18 Teen Mothers Enrolled
11 Babies Born

Resource Mothers

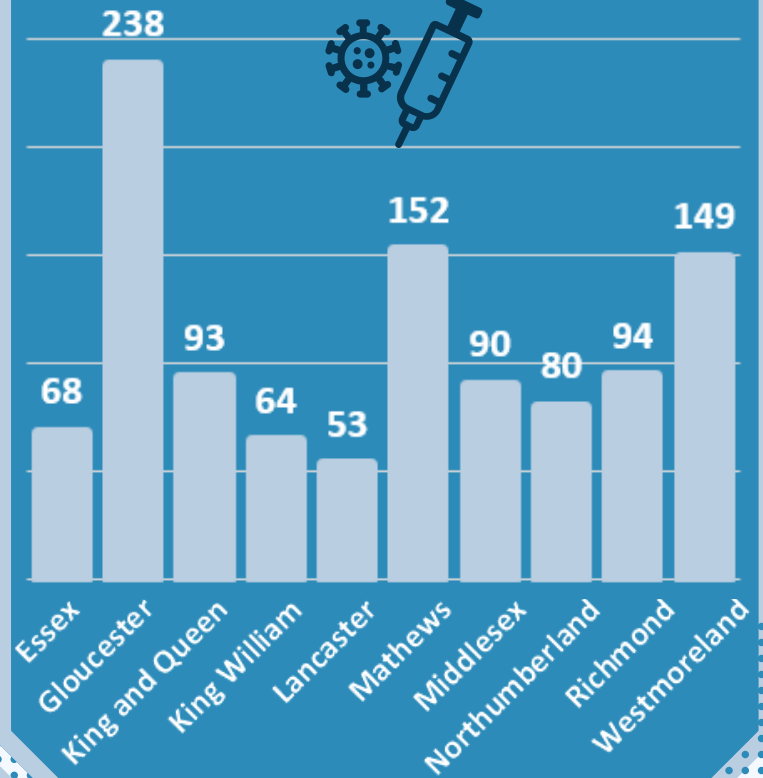
The Resource Mothers program offers mentorship and support to pregnant and parenting teens regardless of income. The program works with teens to address a wide range of individual and community factors that affect families in order to promote healthy outcomes. The goals of the program include reducing infant mortality, increasing healthy birth outcomes and preventing a subsequent teen pregnancy. The program is open to any pregnant woman who is 19 years of age or less. It also refers teens to other beneficial community services such as the Department of Social Services, WIC nutrition programs, oral health, breastfeeding, safe sleep resources, childcare, health insurance providers, and children support services. The Resource mother seeks to increase the teen's ability to plan constructively and responsibly for herself and her child.

Clinical Services

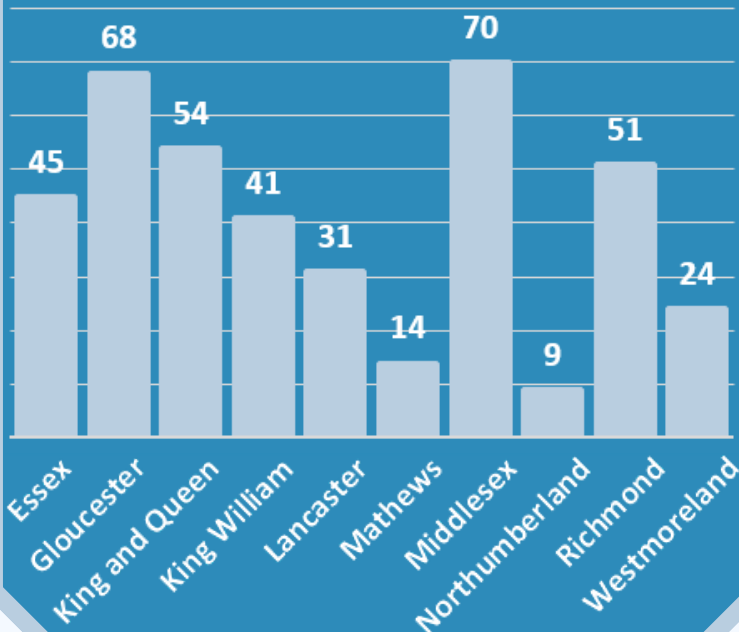
Closure and limitations of medical facilities and pharmacies during the height of the pandemic shined a spotlight on the need to remain up-to-date on all vaccinations. TRHD's clinical team provided over 1,000 non-COVID vaccines to the community this year, including flu, HPV, Hepatitis, DTaP, MMR, Meningococcal, and several others.

Non-COVID Vaccine Clients

1,102



Potential TB Cases Investigated: 407

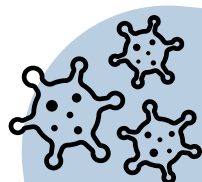


The mission of the Tuberculosis (TB) Program is to control, prevent, and eventually eliminate TB from the district and the Commonwealth of Virginia. The program aims to detect every case of TB in Virginia, assure that every case is adequately and completely treated, and prevent transmission of TB in communities. TRHD provided TB screening, testing, and case management services to over 400 clients.

Epidemiology

Reportable Disease Surveillance and Investigation

TRHD investigates communicable disease reports from healthcare providers and labs to identify community health concerns. When communicable disease outbreaks occur, TRHD works to determine the source and to stop the spread of disease through education, provision of guidance on infection control, postexposure prophylaxis recommendations, community surveillance, and immunization. TRHD epidemiologists also conduct surveillance by monitoring health data from emergency departments and urgent care centers to enhance our knowledge of disease across the district. These practices enable epidemiologist and communicable disease staff to quickly identify, respond to, and prevent disease outbreaks. The two most common reportable diseases in the district are norovirus and influenza.



Reportable Diseases (Non-COVID)

683

Essex	42
Gloucester	133
King and Queen	25
King William	63
Lancaster	80
Mathews	41
Middlesex	55
Northumberland	76
Richmond County	95
Westmoreland	73



Rabies Cases Investigated

328

Essex	13
Gloucester	146
King and Queen	13
King William	45
Lancaster	20
Mathews	16
Middlesex	28
Northumberland	7
Richmond Co	3
Westmoreland	37

Environmental Health

Three Rivers' Environmental Health program provides services to maintain the safety of food served in the community, onsite wells and wastewater disposal, campgrounds, and marinas. Staff provide education to the public and other agencies to protect and promote the health of the community and ensure safety by enforcing health regulations and laws.

Sewage Disposal System Applications Received

2,001



Essex	132
Gloucester	319
King and Queen	128
King William	207
Lancaster	227
Mathews	172
Middlesex	247
Northumberland	274
Richmond	96
Westmoreland	200

Food Service Establishment Inspection

1,077



Essex	98
Gloucester	280
King and Queen	13
King William	107
Lancaster	133
Mathews	55
Middlesex	112
Northumberland	78
Richmond	51
Westmoreland	150

Recreational Inspections (marinas, campgrounds)

126



Essex	29
Gloucester	31
King and Queen	6
King William	0
Lancaster	47
Mathews	2
Middlesex	8
Northumberland	2
Richmond	0
Westmoreland	1

Temporary Event Vendors Permitted

205



Essex	14
Gloucester	25
King and Queen	3
King William	7
Lancaster	18
Mathews	10
Middlesex	29
Northumberland	34
Richmond	6
Westmoreland	60

Emergency Preparedness & Response

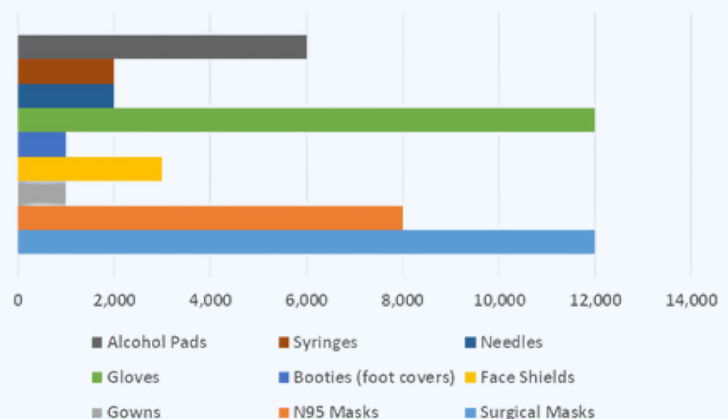
Three Rivers PHEP (Public Health Emergency Preparedness) team actively collaborates with health care providers, schools, businesses, emergency medical services, county emergency management, law enforcement agencies, and state and federal agencies. The team ensures availability of an after-hours emergency call service for emergency response and provides continued coordination, management, and distribution of medical supplies with coordinated protocols for mass prophylaxis and medical countermeasure efforts. It also manages the health district Emergency Operations Center. Throughout the pandemic, THRD coordinated COVID-19 community outreach and response in the form of testing, vaccination, education, and distribution of personal protective equipment and ancillary supplies.

Accomplishments for 2020-2022

- Coordinated the upgrade of two Point of Dispensing Trailers (PODs) with increased capability to provide for the mass dispensing of medications during pandemic response.
- Upgraded HAM Radio Capability w/ Digital Communications Capability
- Acquired grant funding for the following:
 - Rivers Counties Foundation to support Public Health Education & the Medical Reserve Corps Community Investment Program (MRCCI)
 - MRC Respond, Innovate, Sustain, and Equip (RISE) Program to support innovative volunteer training measures and facility upgrades to support a post COVID-19 training apparatus for MRC volunteers
 - MRC Operational Readiness Program to facilitate additional training and equipment needs for POs programs



PPE and Ancillary Supplies Dispensed (2020-2022)



Rebooting Educational Programs:

- Until Help Arrives Training
- Revive! Opioid Overdose Education
- Opioid Misuse Education
- Mass Dispensing / Point of Dispensing Training
- Community CPR Training
- New Training Programs to be Instituted by Spring 2023:
 - First Aid
 - AED (automated external defibrillator)
 - Just in Time CPR
 - Stop the Bleed

Emergency Preparedness & Response

Medical Reserve Corps

To assist Three Rivers Health District in emergency preparedness and response, health education, and other critical public health operations, the Medical Reserve Corps (MRC) recruits, trains, and deploys dedicated volunteers across the community. The support of MRC volunteers enables many of TRHD's public health programs.

Deployment Activity & Capacity



86
Deployed
Volunteers

311
Deployable Capacity



Deployment Detail



38
Medical
Volunteers

48

Support
Volunteers



7
Volunteer
Vaccinators



789 Hours

Training and Development



\$24,301

Workforce Saving

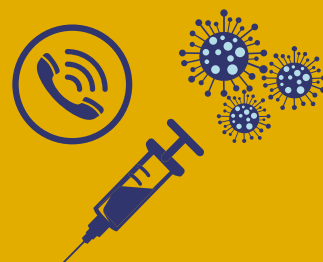
189
Deployments



2%
Volunteered
Served
40+ hours



68
Events



Population Health

Three Rivers Health District population health staff support the development of local community health assessments and health improvement plans. Since the beginning of the pandemic, the population health team has focused efforts on COVID-19, leveraging partnerships with the community to provide guidance, testing, and vaccinations. The team supports many collaborations, including county resource councils; Resilience Adaptation Feasibility Tool (RAFT) for Middle Peninsula and Northern Neck working groups, and the Rural Counties Opioid Response Program (RCORP) team. Leveraging these partnerships, Three Rivers Health District facilitated dozens of community education, testing, and vaccination events. These events ranged from providing church group information sessions centered around COVID-19 to running mobile vaccination clinics at the Gloucester Daffodil Festival. The Three Rivers Population Health team also serves to explore funding opportunities that enhance district population health programs to create, build, and expand district partnerships and while enhancing community health education.

District Population
144,507

Essex	10,573
Gloucester	39,069
King and Queen	6,662
King William	18,171
Lancaster	10,928
Mathews	8,546
Middlesex	10,781
Northumberland	12,029
Richmond	9,017
Westmoreland	18,731

Source: Census Bureau, Annual Estimates of the Resident Population for Counties: April 1, 2020 to July 1, 2021



Community Support Programs

Care Resource Coordination

As part of the Virginia Department of Health's 2.0 COVID-19 mitigation strategy, the state introduced the Care Resource Coordination (CRC) program. The CRC program's focus is to identify and link individuals and families to community, state, and federal services and resources that address social, clinical, and financial challenges due to COVID-19. TRHD identified a Care Resource Coordinator to function as a case manager, staying engaged with these individuals throughout their challenges, to ensure they connect to resources specific to their needs. Some of the most requested resources through the program are: housing and shelter; rent/mortgage assistance; emergency home repairs; healthcare/mental health services; medication expenses; Medicaid, Medicare, TANF and Disability Benefits; and bereavement support, among other things.

Resource Referrals 728



Essex	126
Gloucester	181
King and Queen	44
King William	79
Lancaster	53
Mathews	26
Middlesex	36
Northumberland	53
Richmond	68
Westmoreland	62

****Does not include educational calls**

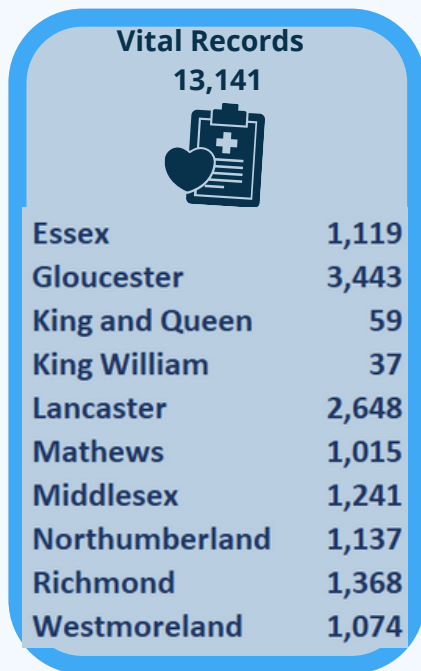
Disabilities, Access, and Functional Needs (DAFN) Program

The main focus of the DAFN program is to address the needs of people with disabilities in COVID-19 preparedness planning, mitigation and recovery Efforts. This program is designed for individuals who live with a disability, access or functional need, or severe vulnerability. This includes individuals with chronic or temporary physical, sensory, cognitive, and or other differences. These differences may vary on a spectrum that includes substantial dependence on others to using adaptive tools, skills, and resources to function at a high level of activity and independence. A DAFN registry/directory was created to enhance response capabilities in the community.

Goals of the Three Rivers Vulnerable Population Directory (TRVPD):

- Extrapolate data from the DAFN population to coordinate prioritized Emergency Services
- Serious Medical Condition Certification Form - provides critical information to Dominion Energy regarding electrical dependencies
- Provide referral services for other Three Rivers or Partner programs and community resources

Administration Services



Three Rivers Health District office managers filled over 13,000 vital records requests from the community during fiscal year 2022, including birth, death, marriage, and divorce certificates. Birth records are public information 100 years after the date of the event; death, marriage, and divorce records are publicly available 25 years after the event. Vital Records are otherwise available to immediate family members only.

Enabled by American Rescue Plan Act (ARPA) funds appropriated by the Virginia General Assembly, Three Rivers Health District office managers supported outreach, education, and applications for Septic and Well Assistance Program (SWAP) funding to support critical public health infrastructure investments in the district, in partnership with district environmental health staff.

SWAP Applications Submitted*

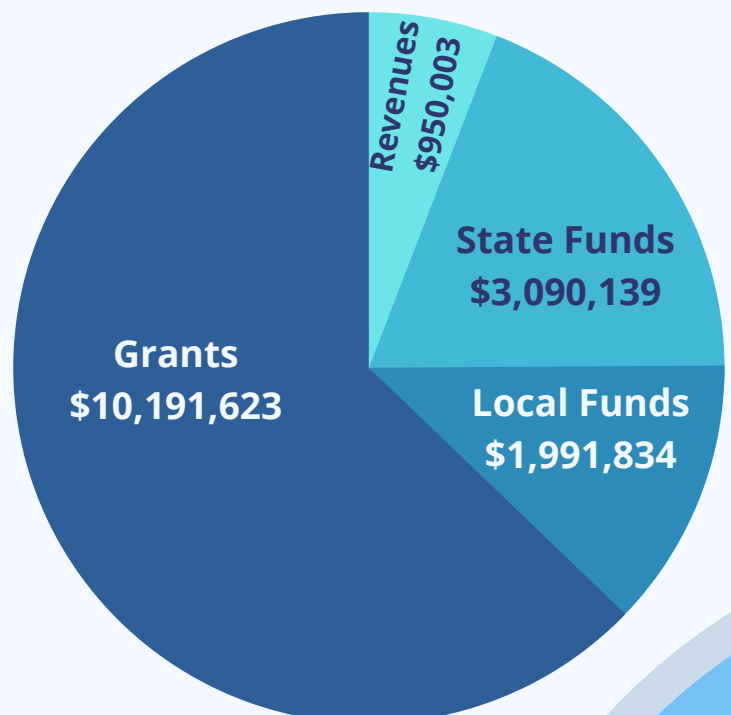
49

SWAP Funding Requested*

~\$1,010,000

Fiscal Year 2022 Budget

In Fiscal Year 2022, the Three Rivers Health District leveraged a \$16,223,599 operating budget to support public health operations. Roughly three quarters of TRHD's grant funding was dedicated to the COVID-19 response and has supported the budget since fiscal year 2021, with many grants rolling into the future. The budget supports TRHD staffing, capitol infrastructure and improvements, information technology, and supplies.



*Many SWAP applications are in review by the Virginia Department of Health .

Future of the District

To maximize health opportunity for our communities, the Three Rivers Health District will continue to deploy a two-pronged approach: sustainably investing in our people and making data-informed strategic decisions. As we move forward into the future, district leadership will ensure that services continue to be delivered effectively and efficiently with first-class customer service by highly qualified and dedicated staff. Data and information provided by the community will inform strategic and programmatic decisions to ensure that all individuals we serve have the opportunity to live healthy lifestyles. Three Rivers will continue to support our beautiful environment and communities in a fiscally responsible manner and will maintain the flexibility to respond to the needs of the district.



Contact Us



804-758-2381



2780 General Puller Highway
Saluda Virginia 23149

Follow Us



@threerivershealthva



@threerivershealthva



@3RiversHealthVA

Thank You

The Three Rivers Health District would like to thank our partners and staff for their passion, dedication, and support.

We look forward to continuing to promote the health and protect the well-being of those we serve.

Prepared by the Three Rivers Health District Population Health Team:

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